

# Washington State Institute for Public Policy

## Benefit-Cost Results

The WSIPP benefit-cost analysis examines, on an apples-to-apples basis, the monetary value of programs or policies to determine whether the benefits from the program exceed its costs. WSIPP's research approach to identifying evidence-based programs and policies has three main steps. First, we determine "what works" (and what does not work) to improve outcomes using a statistical technique called meta-analysis. Second, we calculate whether the benefits of a program exceed its costs. Third, we estimate the risk of investing in a program by testing the sensitivity of our results. For more detail on our methods, see our [Technical Documentation](#).

Current estimates replace old estimates. Numbers will change over time as a result of model inputs and monetization methods.

### Substance Abuse

Program name	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Chance benefits will exceed costs
Substance Abuse Early Intervention								
Brief intervention in primary care	Sep. 2016	\$4,849	\$1,558	\$3,292	(\$270)	\$4,579	\$17.97	93 %
Brief intervention in a medical hospital	Sep. 2016	\$4,154	\$1,318	\$2,835	(\$159)	\$3,995	\$26.14	75 %
Teen Intervene	Jun. 2016	\$3,596	\$912	\$2,683	(\$381)	\$3,215	\$9.44	96 %
Brief intervention in emergency department (SBIRT)	Sep. 2016	\$3,431	\$1,147	\$2,284	(\$430)	\$3,001	\$7.98	75 %
Brief Alcohol Screening and Intervention of College Students (BASICS): A Harm Reduction Approach	May. 2014	\$1,275	\$410	\$865	(\$72)	\$1,203	\$17.61	70 %
Brief intervention for youth in medical settings	Feb. 2015	\$410	\$138	\$272	(\$329)	\$81	\$1.25	49 %
Alcohol Literacy Challenge (for college students)	Jun. 2016	(\$337)	(\$106)	(\$230)	(\$4)	(\$340)	(\$86.84)	48 %
Substance Abuse Treatment for Youth								
Teen Marijuana Check-Up	Jul. 2014	\$2,474	\$794	\$1,680	(\$108)	\$2,366	\$22.95	100 %
Adolescent Assertive Continuing Care	Jun. 2013	(\$974)	\$25	(\$998)	(\$2,228)	(\$3,202)	(\$0.44)	37 %
Functional Family Therapy for substance abusing adolescents (FFT-SA)	Jun. 2016	(\$462)	\$227	(\$689)	(\$3,427)	(\$3,889)	(\$0.13)	0 %
Multidimensional Family Therapy (MDFT)	May. 2015	(\$76)	\$1,026	(\$1,102)	(\$7,973)	(\$8,049)	(\$0.01)	12 %
Substance Abuse Treatment for Adults								
Contingency management (higher-cost) for substance abuse	May. 2014	\$18,397	\$1,563	\$16,834	(\$566)	\$17,831	\$32.52	77 %
Seeking Safety: A Psychotherapy for Trauma/PTSD and Substance Abuse	May. 2014	\$9,509	\$607	\$8,902	(\$391)	\$9,118	\$24.29	66 %
Contingency management (higher-cost) for marijuana use	May. 2014	\$9,041	\$2,921	\$6,121	(\$565)	\$8,476	\$16.00	77 %
Brief marijuana dependence counseling	May. 2014	\$8,325	\$2,693	\$5,632	(\$551)	\$7,774	\$15.10	91 %
Family Behavior Therapy (FBT)	May. 2014	\$8,756	\$1,822	\$6,934	(\$1,879)	\$6,877	\$4.66	60 %
Motivational interviewing to enhance treatment engagement	Dec. 2014	\$6,890	\$2,078	\$4,812	(\$263)	\$6,627	\$26.17	62 %
Brief cognitive behavioral intervention for amphetamine users	May. 2014	\$6,734	\$1,298	\$5,436	(\$208)	\$6,526	\$32.37	60 %
Cognitive-behavioral coping skills therapy	Sep. 2016	\$5,669	\$620	\$5,049	(\$263)	\$5,406	\$21.57	60 %
Motivational Enhancement Therapy (MET) (problem drinkers)	May. 2014	\$5,615	\$1,674	\$3,941	(\$338)	\$5,277	\$16.63	59 %
12-Step Facilitation Therapy	May. 2014	\$4,697	\$490	\$4,207	\$320	\$5,016	n/a	60 %
Community Reinforcement Approach (CRA) with vouchers	May. 2014	\$5,439	\$1,105	\$4,333	(\$1,191)	\$4,248	\$4.57	56 %
Relapse Prevention Therapy	May. 2014	\$3,982	\$1,156	\$2,825	\$0	\$3,982	n/a	58 %
Holistic Harm Reduction Program (HHRP+)	May. 2014	\$3,754	\$448	\$3,306	(\$803)	\$2,951	\$4.68	56 %
Contingency management (lower-cost) for substance abuse	May. 2014	\$2,359	\$272	\$2,087	(\$248)	\$2,112	\$9.53	59 %
Individual drug counseling approach for the treatment of cocaine addiction	May. 2014	\$4,217	\$252	\$3,965	(\$2,352)	\$1,865	\$1.79	54 %
Matrix Model Intensive Outpatient Treatment Program (IOP) for stimulant abuse	May. 2014	\$2,425	\$376	\$2,049	(\$1,265)	\$1,160	\$1.92	52 %

Program name	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Chance benefits will exceed costs
Peer support for substance abuse	May. 2014	\$3,493	\$559	\$2,934	(\$2,783)	\$709	\$1.25	51 %
Contingency management (lower-cost) for marijuana use	May. 2014	\$310	\$136	\$174	(\$248)	\$62	\$1.25	51 %
Supportive-expressive psychotherapy for substance abuse	May. 2014	(\$1,587)	\$631	(\$2,218)	(\$2,015)	(\$3,602)	(\$0.79)	45 %
Behavioral self-control training (BSCT)	May. 2014	(\$12,642)	(\$3,426)	(\$9,216)	(\$156)	(\$12,798)	(\$81.03)	24 %
<b>Substance Abuse Medication-assisted Treatment</b>								
Methadone maintenance treatment	May. 2014	\$8,531	\$1,187	\$7,345	(\$3,722)	\$4,809	\$2.29	89 %
Buprenorphine/buprenorphine-naloxone (Suboxone and Subutex) treatment	May. 2014	\$6,201	\$980	\$5,221	(\$4,556)	\$1,646	\$1.36	65 %

### Other Substance Abuse topics reviewed:

Program name	Date of last literature review	Notes
Adolescent Community Reinforcement Approach	Jun. 2013	<a href="#">Click for meta-analytic results</a>
Cognitive-behavioral coping skills therapy for opioid abuse	Sep. 2016	<a href="#">Click for meta-analytic results</a>
Community Reinforcement and Family Training (CRAFT) for engaging clients in treatment	Sep. 2016	<a href="#">Click for meta-analytic results</a>
Contingency management (lower-cost) for opioid abuse	Sep. 2016	<a href="#">Click for meta-analytic results</a>
Day treatment with abstinence contingencies and vouchers	May. 2014	<a href="#">Click for meta-analytic results</a>
Dialectical behavior therapy (DBT) for co-morbid substance abuse and serious mental illness	May. 2014	<a href="#">Click for meta-analytic results</a>
MET/CBT-5 for youth marijuana use	Feb. 2015	<a href="#">Click for meta-analytic results</a>
Node-link mapping	May. 2014	<a href="#">Click for meta-analytic results</a>
Parent-Child Assistance Program	May. 2014	<a href="#">Click for meta-analytic results</a>
Wraparound services for pregnant/postpartum women in substance abuse treatment	Sep. 2016	<a href="#">Click for meta-analytic results</a>
Anger management for substance abuse and mental health clients: Cognitive-behavioral therapy	May. 2014	No rigorous evaluation measuring outcome of interest.
Dialectical Behavior Therapy for substance abuse: Integrated Treatment model	May. 2015	No rigorous evaluation measuring outcome of interest.
Matrix Model substance abuse treatment for adolescents	Jun. 2013	No rigorous evaluation measuring outcome of interest.
Preventing Addiction-Related Suicide (PARS)	May. 2014	No rigorous evaluation measuring outcome of interest.
Recovery Support Services	Jun. 2016	No rigorous evaluation measuring outcome of interest.
Seven Challenges	Jan. 2013	No rigorous evaluation measuring outcome of interest.
Therapeutic community for non-offenders	May. 2014	No rigorous evaluation measuring outcome of interest.
Behavioral Couples Therapy (marital)	May. 2014	Too few rigorous evaluations to date.

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## Washington State Institute for Public Policy

The Washington State Legislature created the Washington State Institute for Public Policy in 1983. A Board of Directors-representing the legislature, the governor, and public universities-governs WSIPP and guides the development of all activities. WSIPP's mission is to carry out practical research, at legislative direction, on issues of importance to Washington State.